



Breastfeeding is a wonderful gift for both you and your baby.

Breastfeeding your baby may reduce your risk of breast cancer. Some studies show that women who breastfeed are less likely to get breast cancer. The length of time you breastfeed may also be a factor.

Ways mothers may help prevent breast cancer:

- Breastfeed your baby.
- Give yourself a breast exam every month after your period.
- If you are over 40, get a mammogram every year.
- Eat a healthy diet with fresh fruits and vegetables daily.
- Exercise regularly.
- Don't smoke.

Card #3

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Broccoli Casserole



Ingredients: 3 cups water
 $1\frac{1}{4}$ cups rice
 1 16-ounce package of frozen broccoli
 2 cups grated yellow cheese

In a saucepan bring water to a boil. Add rice. Reduce heat. Cover and simmer for 20 minutes. Preheat oven to 400 degrees. While the rice is cooking, place frozen broccoli in large skillet. Heat stove to low-medium and defrost broccoli. When the broccoli is defrosted, add cheese to the broccoli and let melt. When rice has completed cooking, pour broccoli-cheese mixture and rice into a 9 x 13 baking dish and mix well. Place casserole in the preheated 400-degrees oven for 10 minutes or until heated through.

Serves 5